

Patient Information Checklist For Your Consultation

What to Bring to Your Doctor

Your physician will need to review your medical history and test results to provide you with the most appropriate treatment plan recommendations for your specific case. Where possible, you will need to bring or make arrangements to deliver, the following items for your consultation:

1. **Medical records**
2. **Prescribed medications**
3. **Information and lab work from other specialists**
4. **Biopsy (pathology) reports**
5. **Imaging reports and discs**

1. What are the treatment options for my type and stage of cancer?

This will familiarize you with the different treatment options available and which treatments may be useful when used together.

2. What are the benefits and risks associated with the treatment options?

This will inform you about the potential benefits and possible side effects of each type of treatment.

3. Will I need chemotherapy?

This will provide context to the extent of your treatment as it relates to receiving one or more cancer medications. Chemotherapy may be used as the initial treatment for many cancers.

4. How should I prepare for this treatment?

This will provide a list of actions you can take prior to treatment or in preparation for any related testing. This may also include making transportation arrangements if your doctor does not recommend driving after surgery or treatment.

5. What can I do to help manage any side effects?

This will provide self-care measures or medications that you can take to counter any expected treatment related effects.

6. Are there alternatives to surgery?

This will offer insight into non-surgical treatments that you may not have considered or may not have known about prior to becoming a cancer patient.

7. How difficult is my surgery compared to other patients?

This will provide some context into the complexity of your surgery and if complications are likely based on your medical case.

8. How will the radiation therapy be given?

This will provide the method of radiation treatment delivery. Radiation can be delivered via external equipment or internally via catheters or other methods.

9. How many radiation treatments will I need?

This will indicate if the radiation treatments will be scheduled over several weeks or delivered in just a few daily sessions. This may impact decisions for transportation.